Stepping Out **WEIGHTING**

Objective: To understand how student choices affect nutrients provided by the meal.

1. Enter the number of portions chosen for each menu item based on the following information.

November **7-h(k)**	
Menu Item	Number of Portions
Pizza	180
Meatloaf	70
Pinto Beans	50
Mashed Potatoes	80
Salad, Tossed	200
Salad Dressing	190
Kale	90
Peaches	250
Cornbread	120
Milk, 1% Chocolate	200
Milk, 2% Lowfat	75
Milk, Whole	25

2. Record the nutrient information for the above portions.

	Calories	mg Sodium	g Sat. Fat	% Cal Sat Fat	g Fiber	mg Iron	g Total Fat	% Cal Total Fat
Unweighted	786	1469	11.29	12.86%	13.25	5.62	30.4	34.6%
Weighted								

Stepping Out

1.   Do you record in your production records the number of servings for each menu item?_____

If yes, do you record the number of portions planned?_____ served?____

2.   What do you do to encourage students to make healthier choices? _____

_____

7w

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